

## EARLY CHILDHOOD SERVICES BUREAU



# Montana Child and Adult Care Food Program

Spring 2013

**T**he mission of the Early Childhood Services Bureau is to improve the quality, affordability and accessibility of child care in Montana, with focused efforts on coordinated systems to best meet the needs of young children, their families, and the professionals who work on behalf of young children and families.

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## What's the secret to making good food taste even better?

**S**pices, herbs, condiments and dressings make good food taste even better! These items are used to make foods delicious so that we enjoy them more. Although these ingredients are not meal components by themselves, they are definitely contained in foods that are creditable in the CACFP. Cooks are skilled in using these ingredients to make delicious and culturally sig-

nificant foods. In our CACFP Cook's Trainings, we practice using these ingredients to prepare healthy, creditable foods to serve to children. Appropriate use of these ingredients is highly encouraged in the CACFP. And another thing, did you know olive oil and balsamic vinegar makes an awesome salad dressing?  
~Mary Musil, RD

### The "secret" ingredients:

Butter	Pepper
Jam	Dill
Honey	Chili Powder
Mustard	Oregano
Mayonnaise	Cinnamon
Sour Cream	Lemon Juice
Salt	Oil
Pepper	Vinegar
Parsley	And many more!

## Buy iodized salt, you can't afford not to!

**W**hen buying salt, make sure it is labeled "iodized." Iodized salt is the main source of iodine in the diet. Ocean fish, such as cod, bass, haddock and perch, is a rich source of iodine as well. Salt used in the manufacture of processed foods is not iodized and so these products do not contribute any iodine to the diet at all. Gourmet salts such as sea salt do not contain iodine either. The

body needs iodine, but it cannot make it so it has to come from the diet. Iodine is needed for the normal metabolism of cells. Metabolism is the process of converting food into energy. The thyroid gland needs iodine to make hormones. If it does not have enough iodine to do its job, then it has to work harder. This can cause the thyroid gland to become enlarged (called goiter), which becomes evident as a

swollen neck. Since processed foods contain no iodine, and reduced salt intake from all sources is encouraged, then using iodized salt in the cooking and baking of foods becomes more important than ever before. Small amounts of iodine in the diet are essential for child and adult health. The bottom line? Make sure you buy iodized salt.  
~Mary Musil, RD

**W**e want to wish a fond farewell and a big thank you to Liv Steinbarth, Program Specialist. Liv was with the CACFP for 5 years and has now decided to stay at home with her two beautiful children. We will miss her greatly but wish her all the best in her adventures at home!



## Welcome new centers!

- Aaniiih Nakoda College, Fort Belknap
- Boys and Girls Club of the Fort Peck Reservation
- Boys and Girls Club of the Little Rockies, Fort Belknap
- Sunflower Montessori School, Missoula



- Annual audit questionnaires
- Most popular audit questionnaire queries

### From Diane's Desk

It's that time of year once again! Every April, the State agency sends out a form called an audit questionnaire. This form is used to determine which organizations participating in the CACFP will require an A-133 audit for this fiscal year. Any organization receiving a minimum of \$500,000 in federal funds (not only from CACFP, but ALL federal funding sources) must have an A-133 audit completed. Though not all institutions will require an A-133 audit, all participating centers and Sponsoring Organizations are required to complete and return the audit questionnaire no later than June 1. If you are participating in CACFP and have not received your audit questionnaire, please contact the State agency at 444-4347.

A few questions usually come up each year in regards to these questionnaires, so I'm going to address the most popular queries here. The contract number can be found on the cover page of your CACFP contract, and it will begin with the number "1202". Our contracts are long-term, and the most current contract update was sent in 2011. The fiscal year varies by organization. Federal funds anticipated include not only your CACFP reimbursements, but also federal grants or any other source of federal funding. Best Beginnings Scholarships are NOT included in this total.

Institutions that are not required to receive an A-133 audit may be selected for an Agreed Upon Procedures (AUP) audit, which are performed by the State Quality Assurance Division (QAD). Those selected for an AUP audit will be notified in early May, and the QAD will contact you directly to schedule a time. These sessions are an opportunity to ask any questions regarding the business aspects of your child care, and an opportunity to learn some tips in regards to best business practice.

We appreciate your cooperation with these annual tasks! As always, if there are any questions, please contact the State agency.

~Diane Edgar, Administrative Assistant

## Serving Suppers in the At-Risk Afterschool Meals Program

Children often eat breakfast at 7:30 a.m. and lunch around 11:00 a.m. By the time school is out for the day, they are hungry for more than just a small snack but often must wait until their parents feed them supper, which is sometimes as late as 8:00 p.m. For some children, a healthy nutritious supper is not on the agenda. Supper may consist of a bowl of Ramen noodles or a quick stop at a fast food restaurant. For others, supper in any form is not an option.

What can you do to help? During the time you have children in your care, you can make a difference! Serving suppers in your afterschool program is a great way to help reduce hunger. Not only that, but it also helps teach nutrition and helps support working parents. Healthy children are much more likely to grow into healthy adults because eating habits they develop now will

follow them into adulthood. If they learn as a child to eat healthy nutritious meals and snacks instead of grabbing chips and a soda from the vending machine, then they will be much more likely to do so as an adult.

"I appreciate the Free and Reduced Price Meal Program because there is not always a lot to eat in my house right now. I skip meals and cut back on how much I eat to make sure my kids have food. It helps to know that they are able to eat a meal or two at school."

-Michael, 42, single father of two

*Hungry in Montana: Factors Contributing to Emergency Food Needs, Montana Food Bank Network 2012 Client Hunger Survey*

Adding suppers does not have to be a huge production. Start a small pilot program at one of your sites. Depending upon how well these pilot programs function, consider adding additional sites one at a time. Begin with cold meals such as sandwiches and salads. Once things are running smoothly, try serving a few hot meals. Consider your storage options. Some child care centers have found it helpful to make the meals ahead of time and store them in coolers or hot boxes. Add variety as you

get the hang of it. Our website has several resources for you to use as you plan your menus. If you would rather not market the meal as a dinner or supper, call it a "Super Snack" as some child care programs have done. Several child

care programs in other states have explored the possibility of having the local middle school or high school home economics students prepare the meals. As long as health and safety codes are being followed, it could

be a mutually beneficial arrangement.

Explore your options and be creative. The solution to reducing childhood hunger is out there!

~Noele Bryson, Program Specialist

### Remember:

If you are operating an Afterschool Meal Program, you may not claim meals using this program after school has ended for the year. If you have an Outside School Hours Program or a Day Care Program that is currently operating, you may claim all of your meals through this program during the summer. When school begins again in the fall, you may again use your Afterschool Meal Program to claim meals for reimbursement.



## Did you save me some lunch?



There are many reasons to serve meals on time. For one, it makes business sense to follow a set schedule so that everyone, including adults and children, knows what to expect. It also makes good health sense in that hungry children cannot grow and develop properly and they tend to be cranky and irritable. Everyone is happy when the meal is served on time.

But what should you do if a child arrives after the meal has started or they

arrive just as you are cleaning up and they have not yet eaten? It is the CACFP's view that there is never any good reason to require a child to go without a meal that was prepared and ready for them because they arrived late. A child is not ever responsible for their late arrival or their lack of food, that responsibility lies with the adults responsible for their care. The USDA does not prohibit a child care facility from feeding an enrolled child who was late for a meal, no matter what the reason. We have always allowed and supported

this by simply asking facilities to make a note in their meal count records or other appropriate place mentioning the child's late arrival and to go ahead and serve the meal to the child. The facility should also include the meal in their claim for reimbursement. Adults do not need to be seated with the child during this late meal but they should supervise and be immediately available to assist the child if needed.

~Noele Bryson  
Program Specialist

## Cooks Make a Difference!

Lauretta Brown, better known as Grandma Midge to the children and staff at Sunflower Montessori Child Care in Missoula, prepares breakfast, lunch and snack meals for 100 children Monday through Friday. She says, "It sometimes feels like 1,000."

When I first met Grandma Midge, she was standing behind a mountain of freshly cooked pancakes.

Grandma Midge began cooking at Sunflower three years ago. She really did not want a job when her niece

encouraged her to apply for an opening at the center. Grandma Midge began teaching life skills to the children at the center and helping out in the kitchen. Correy Harrington, co-owner and cook at the time, eventually handed the spatula over to Grandma Midge.

With a smile, Grandma Midge says her favorite part of the job is when she takes the food over to the little ones and they say "It was so yummy." It warms

her heart to serve nutritious good food. Aside from preparing all of the meals from scratch, Grandma Midge organizes a baking project that the children help with each day. During the interview, the children asked Grandma



Midge if it was their turn to help today. Help might include rolling out dough, mixing ingredients, forming loaves of bread or, as in today's project, putting fruit on the bunny cake. Grandma Midge bakes all of the bread at Sunflower, even special

gluten-free bread for children with allergies.

The smell of cabbage rolls for lunch makes me hungry as I get ready to leave Sunflower. Fortunately, Grandma Midge has no plans to retire any time soon so the children can look forward to many more home cooked meals.

~Vicki Anfinson, Program Specialist





## Welcome new CACFP Afterschool Meal Programs!!

- Funhouse Central Child Care, Great Falls
- Small Wonder Child Care, Lewistown
- Boys and Girls Club of the Little Rockies, Fort Belknap
- Boys and Girls Club of the Fort Peck Reservation
- Bitterroot Early Learning Center, Corvallis

Montana No Kid Hungry and the Montana CACFP have formed a strong partnership to work together towards ending childhood hunger in Montana. We are thrilled that new programs have decided to start feeding kids after school! For more information about Montana No Kid Hungry, visit: [mt.nokidhungry.org](http://mt.nokidhungry.org)

For 2013, Montana No Kid Hungry has set aside funding to support local outreach efforts by Afterschool Meal Programs. The application process will be easy and more information will be passed on to Afterschool Meal Programs over the months ahead.

## Update on 2012 No Kid Hungry Mini-Grants

In early October, the CACFP posted the online mini-grant application link on their homepage and sent out emails to the Afterschool Meal Programs about the mini-grant opportunity.

The goals of the mini-grants were to start new programs, increase participation in existing programs and/or start offering



suppers in Afterschool Meal Programs. These small investments can make a real difference in the number of kids who receive Afterschool Meals. No Kid Hungry was able to award a total of \$24,687.75 to CACFP Afterschool Meal Programs!

## No Kid Hungry awarded mini-grants to the following CACFP Afterschool Meal Programs

### 1. Anaconda Family Resource Center Boys and Girls Club of Deer Lodge County: \$5,000

To feed more children and start serving warm snacks and meals, funding was granted for kitchen equipment and electrical and plumbing work to complete their kitchen.

### 2. Boys and Girls Club of the Northern Cheyenne Nation: \$5,000

To reach more children and reduce costs, funding was granted for a hot water heater for their dishwasher, to serve meals and snacks on reusable trays, and a milk cooler refrigeration unit to store their milk safely.

The program will also start offering a late snack to the teen population and the staff will be performing community outreach to inform the public, community and families about the CACFP Afterschool Meal Pro-

gram.

### 3. Boys and Girls Club of Cascade County: \$4,800

To expand outreach to the most vulnerable areas of Cascade County, funding was granted for outreach materials to local schools and a stand-alone milk cooler that would cut down on staff time needed to continually run to the store and purchase more milk.

### 4. HELP Committee and Boys and Girls Club of the Hi-Line: \$4,887.75

In order to serve meals to the children attending their program, funding was granted for a building expansion to include a full service kitchen, to increase the hours for food service staff and for a commercial grade food refrigerator to be moved into the new kitchen when it is completed.

### 5. Helena School District #1: \$5,000

To introduce children to a variety of easy-to-prepare healthy hot dishes that they may have never experienced before, funding was granted for full-size refrigerators to properly store milk and other perishable items in three facilities; crock pots, griddles, food processors, rice cookers/steamers and some other basic food preparation tools (i.e. knives, cutting boards, serving spoons, tongs, ladles) to add nutritional variety at five sites; and a laptop devoted to CACFP Program Management. In addition, the staff will be conducting outreach by working with school principals and teachers to refer children to the Afterschool Meal Program being served in five district schools.

~Lisa Lee, Director, MT No Kid Hungry

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To file a complaint of discrimination, write:

United States Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, S.W.  
Washington, DC 20250-9410

Or call:  
Toll Free (866) 632-9992  
Federal Relay Service (800) 877-8339  
Spanish (800) 845-6136



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Website: [www.bestbeginnings.mt.gov](http://www.bestbeginnings.mt.gov)



## Upcoming Events:

- ◆ May 1, 2013: Quarterly New Director's Conference Call
- ◆ June 2013: FY'14 Income Eligibility Guidelines and Forms Available
- ◆ July 2013: FY'14 Reimbursement Rates Available
- ◆ September: FY'14 Director's Trainings
- ◆ September 23-24, 2013: End Child Hunger Summit, MSU, Bozeman

## CACFP Final Meal Count Totals

January—December 2012

2,069,290	Breakfasts
2,429,117	Lunches
241,111	Suppers
2,857,035	Snacks
<b>7,596,553</b>	<b>Total Meals and Snacks Served!</b>

